

Session Plan Template

Date:	Attendance:	Equipment needed:
Venue:		
Duration:		
Introduction (aims for session, reminders, etc.):		
Warm-up activities:	Drills and games:	Cool-down activities:
Coaching tips/questions/challenges:		Class management/energisers:
Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.):		